



CAREGIVER CONNECTIONS

A monthly newsletter brought to you by the Calvert County Office on Aging.

April 2021



Dear Friends,

This time of year makes me feel hopeful! As hard as our caregiving jobs may be, we have much to feel hopeful for this year. Many of us have already received our COVID-19 vaccinations or will receive them soon. With vaccinations, comes the hope of seeing family members again and having large gatherings during the holidays. Let's look forward to those April showers and know that the rain we are currently going through will bring us much needed May flowers.

Have you received your COVID-19 vaccine?

If you are 65 or older, you are eligible to receive your COVID-19 vaccination. If you haven't already, you can preregister online on the [Calvert County Government website](#). A call center is also available to assist Calvert County residents who wish to preregister for the vaccination over the phone. For assistance, residents may call 410-535-0218, Monday through Friday from 7 a.m. to 7 p.m. Call center staff are able to assist with preregistration only and cannot answer health questions.

Tips for Managing Anxiety During Challenging Times

1. Focus on the positives in your life and the world. Start your morning with a gratitude prayer or list of what you are thankful for. Read the comic strips before you read any news and save a positive story to read last. Say a daily affirmation. You could limit your news

watching to every other day or once a week if you find it distressing.

2. Mindfulness. Mindfulness exercises are a wonderful way of disconnecting from all emotions by connecting with your inner being and at the same time disconnecting from all the negativity in our lives today. Learning to focus on your breathing can be a great first start – it helps with sleeping, too!

3. Get productive. Divert your mind when you are ruminating on your fears or unfounded beliefs. Have a list of projects you would like to complete and tackle one of them every time you find yourself worrying excessively.

4. Exercise. If you start to worry or become anxious, take a walk or follow an exercise video. There are many free videos and classes on our [Virtual Senior Center webpage](#).

5. Eat well. Diet is extremely important for mental health. Add immune boosting foods to your diet like citrus, blueberries, almonds, mushrooms, green tea and red bell peppers.

If you need help to process your worries, reach out to a friend or professional. Sometimes it is just good to talk through our anxieties. If your feelings are interfering with your daily life, seek help. If you are over 60, the Calvert County Office on Aging partners with the Calvert Health Department to provide free counseling services. If interested, call 410-535-3079.

CONTACT INFORMATION

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